

May 31st is

World No-Tobacco Day!

May 31st~June 6th is No-Smoking Week.



Smoking affects not only you but also those around you in the form of second-hand smoke, increasing the risk of developing cancer or heart attacks.

Why don't you take this opportunity to try and quit smoking?

★ There are several merits for those who quit smoking!



After quitting	The health risks of second-hand smoke for your family and those around you decreases.
Several days later	Food will begin to taste better, and your breath will stop smelling bad.
1 to 9 months later	Coughing and phlegm will stop, and you will regain strength. It will become more difficult for you to catch diseases like colds.
1 year later	You will see improvement of lung functions such as inhaling/exhaling abilities.
2 to 4 years later	The risk of having a heart attack or stroke decreases as opposed to if you continued smoking.
5 to 9 years later	The risk of developing lung cancer decreases as opposed to if you continued smoking.

You can save this much money just by quitting! (※If it is 550 yen/per pack)

Around 3,000 yen/2 months later A woman in a pink shirt holding two white shopping bags, with yellow stars around her. You can buy clothes you want!	Around 200,000 yen/1 year later Illustrations of a refrigerator, a washing machine, and an air conditioner, with yellow stars around them. You can buy new household appliances!	Around 1,000,000 yen/5 years later A family of four (mother, father, child, and child) with luggage, ready for a vacation. You can go on a vacation with your family!	Around 3,000,000 yen/15 years later A green car with a man standing next to it, with a heart above the man's head. You can buy a new car!
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☆Is it safe if I use electronic cigarettes?



Some people say, "I wanted to be careful about my health and changed to electronic cigarettes."

As for the amount of carcinogens contained in cigarette smoke, the difference between cigarettes and electronic cigarettes is small, and both are said to have adverse health effects.

The best way to reduce health risks is to **quit both** cigarettes and electronic cigarettes.

☆Tips for successfully quitting

Smoking Cessation Outpatient Care

Treatment with topical patches and topical drugs

※Health insurance will be applied if certain conditions are met.

(Available in municipal medical institutions and smoking cessation outpatient care)

Smoking Cessation Aids

Topical patches (nicotine patches)

※You can easily obtain them at pharmacies and drugstores.

⇒It is said that your success rate will be 3 to 4 times higher if these methods are used.

For your health and the health of those around you, why not think about trying to **QUIT SMOKING?**

Second-Hand Smoking Prevention has changed from being a manner to a rule

In order to prevent unwanted second-hand smoking, a law to partially revise the Health Promotion Law was fully implemented from April 1st, 2020.

Health Promotion Division,
Health Promotion Section

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